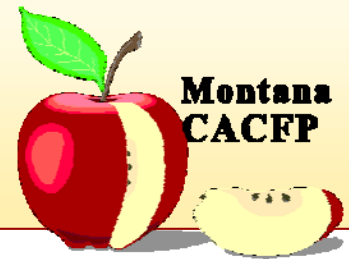


Newsletter



Seasons Greetings!

January 2009

CACFP 2008 Accomplishments

Looking over this past year, many important things were accomplished. Many people contributed to make them happen. These are our top ten!

1. Twenty (20) new child care centers were added to the CACFP.
2. 100% of institutions participating in CACFP at the close of FY 2008, re-applied or remained with the CACFP for 2009.
3. More centers requested and welcomed technical assistance to improve their food service management.
4. More child care centers signed up for web submission of their claims.
5. Gold Systems, Inc., provided the technical expertise to us for sponsoring organizations of child care homes to submit their claims on the web.
6. Many child care centers are now doing their own food production records in a format of their choice.
7. The CACFP Directors Trainings and the CACFP Cooks Trainings will provide training approval the Early Childhood Project, MSU Bozeman.
8. 100% of CACFP directors attended or were accounted for the CACFP Director's training Oct. 28, 29 & 30, 2008.
9. MT CACFP staff provided speaking and teaching time at several early childhood conferences.
10. Most importantly, to all of you who fed the children in your care, we are deeply grateful.

Serve More Dry Beans and Peas for Healthy Child Care Meals



We know beans are good for us, but many people don't realize how delicious they taste! Beans are inexpensive food that can boost the nutritional content of meals. Beans are versatile, too. Whether served as a vegetarian dish or served with meats, poultry, fish and cheese, beans complement the meal. Try serving beans once a week! Find creative ways to add more beans to menus!

Recipe for Success:

- Choose the easiest form!
- Use canned, pre-cooked beans to simplify recipes (no soaking needed) and reduce cooking times.
- Power up recipes with more beans! Add dry-packaged or canned beans and peas when preparing casseroles, stews, and side dishes. Make chili more interesting by combining kidney and pinto beans.
- Serve satisfying soups. Low sodium split pea, lentil, minestrone, or white bean soups. Use pureed beans to thicken soups and sauces.
- Spice up your menus with Southwest flair! Offer black bean enchiladas, low-fat refried beans, or tacos with whole pinto beans.
- Spruce up a salad! Offer canned garbanzo beans, red kidney beans, black beans, or a mixture of all three!
- Try a great –tasting dip! Hummus, black bean, pinto bean with vegetables or whole wheat pita bread for a delicious snack.

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Special points of interest:

***Cook's Training Details; meet the instructor**

***Confetti Bean Salsa Recipe**

***Tips to setting up a great meal time environment**

***How to stay on top of Income Eligibility Forms.**

*** Great resources for bean and pea recipes.**

Calendar:

Press Release:

Each year the state office provides, on behalf of all participating institutions, the annual press release. This is to announce to the public that they receive federal funds for the CACFP. Check your regional paper during March to see the press release.

FY'08 Expenditure Reports

Thank you to everyone for returning a completed FY'08 CACFP Expenditure Report to our office by December 1, 2008. We appreciated your cooperation.

Enrollment Forms

Ensure you have a current signed and dated CACFP Enrollment Form for each child, or one per family. Meals and snacks fed to children who are not enrolled in CACFP cannot be billed to CACFP. (Head Starts, outside school hours, special after-school snacks and emergency shelter centers are exempt from this requirement; they are not required to do CACFP Enrollment Forms.)

Income Eligibility Forms (IEF's):

Misclassified IEF's can cost your program \$\$ during a CACFP Review or a Financial Audit. Check IEF's monthly to ensure one is present for each child and are in order for all children classified free or reduced-price, and no errors are present. Overclaims must be repaid back from the date the error occurred. Underclaims can be corrected only up to 60 days after they occurred. Please call the office if you find that either of these situations has occurred.

Best Practice for IEF's: check them once , twice, and even three times for accuracy.

Lending Library

Due to the wide availability of internet and mail-order resources for child nutrition and food service management, the MT CACFP is no longer providing lending library services. However, CACFP staff are happy to provide assistance to locate appropriate resources as needed.

CACFP Cook's Training:

Instructor: Katie Appel-Gobel

Who: One cook, or alternate staff from each institution is required to attend. Institutions using a vendor for all food services and who do not employ cook staff, may choose food safety training as an alternate. Please contact Liv Steinbarth at 406-444-2674 for more information.

When: February & March 2008

Where: Billings, Bozeman, Great Falls, Missoula, and Kalispell.

How to Register: *WAIT* for a paper registration in the mail with specifics. You must register to be admitted on the training day. Space is limited.

Training Purpose: To provide hands on teaching of food preparation and cooking skills for child care meals consistent with the 2005 Dietary Guidelines.

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We are pleased to offer CACFP Cook's Training this Spring. It will provide an opportunity to come together and roll up our sleeves to bake and cook delicious dishes to serve in childcare. We are pleased to announce **Katie Appel-Goble** as our instructor for the upcoming trainings. Katie and her family, husband and three grown son, live in Missoula, MT and all are involved in food service; though the youngest is breaking free of the "family's interest" in the world of food by attending Montana Tech with the goal to build bridges.

Katie has a long history and a wealth of experience in the world of food. She began in the food business at the age of 10 working in the family restaurant in her home town of East Glacier, MT. At a later time she was employed in a major food service company for ten years. She recently retired from a successful career of nine years as the Food Service Director at Hellgate Elementary Public School in Missoula. Although retired, Katie remains active in the world of food service work.

Katie has a passion for food and children's health. After ten years she continues to serve as a peer mentor to school cooks. For nine years Katie has been an instructor for the School Food Service Cooking Institute, held at Montana State University in Bozeman, MT, and looks forward to teaching at the Institute again. Katie also attended the MT CACFP' Child of Mine conference on the topic of helping children to eat and grow well in child care.

We welcome Katie as our instructor for these trainings.

Serve Dry Beans and Peas continued from page 1

Dry beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Some popular varieties include pinto beans, kidney beans, black beans, lentils, split peas, and garbanzo beans (chickpeas). Only a few types, such as green beans, string beans, baby green lima beans, and fresh soybeans (edamame) are not considered dry beans.



Storing:

Uncooked dry-packaged legumes can be stored in a tightly sealed container in a cool, dry area. If stored more than 12 months, dry-packaged beans will lose moisture and may require longer cooking times.

Canned beans may be stored up to 12 months in original sealed cans.

Cooked beans may be refrigerated, in a covered container, up to five days.

Cooked beans may be frozen up to six months.

Nutrient value is not lost with age.

Preparation:

Canned legumes are convenient, presoaked, precooked and ready to go. Always drain and rinse canned beans before adding them to a recipe. No need to re-cook canned beans.

Dry packaged legumes usually need soaked before cooking, but check the instructions on the package, varieties such as black eyed peas, lentils and split peas do not need soaking before cooking. Soaking dry-packaged legumes help soften and return moisture to the beans and reduce cooking time. Most beans will re-hydrate to triple the dry size.

- Traditional overnight soak for each pound (2 cups) dry-packaged beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
- Hot Soak and Quick Soak Methods– For each pound of legumes add 10 cups of hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for at least one hour (Quick Soak) or up to 4 hours (Hot Soak). *Hot soaking help dissolve some of the gas-causing substances.*

After soaking the beans drain, rinse, and cook in fresh water. In general beans take 30min.-2 hours to cook depending on variety. Add salt only after beans are cooked to tender, if added before salt may cause the bean skins to become impermeable halting tenderizing process.

Versatility For the most part, any canned or dry-packaged bean variety can be substituted for another in recipes according to the American Dry Bean Board. All types of beans blend well with a variety of foods and spices as they absorb flavors from other ingredients. Keep in mind cooking times may differ if substituting one type of dry-packaged bean for another.

Sources:
Information adapted from the USDA Team Nutrition
Dietary Guidelines Fact sheets for Healthier School Meals
www.americanbean.org

Confetti Bean Salsa

Ingredients:

- 1-15-ounce can of red or black beans
- 1-11-ounce can of corn
- 1 cup salsa

Instructions:

- 1) Rinse beans under cold running water and drain thoroughly.
- 2) Rinse corn under cold running water and drain thoroughly.
- 3) Combine beans, corn, and salsa in medium sized bowl.
- 4) Mix all ingredients together.

Yield: Makes eight 1/2 cup servings

Ideas/Substitutions

- To reduce sodium, use fresh rather than prepared salsa.
- Substitute fresh or frozen cooked corn for canned.
- Include chopped cilantro or parsley for added flavor.
- Mix in low-fat or other cheese cubes for added calcium and protein.
- Mix in other vegetables, such as chopped peppers (green, red, orange, or yellow) or onions
- Serve with baked tortilla chips or whole grain crackers.

*Recipe Source:
Reprinted with
permission, courtesy of Power of
Choice, USDA*

DID YOU KNOW?

- Legumes are convenient and low cost.
- Legumes are excellent sources of plant protein.
- Provide other nutrients such as iron, potassium, folate, and zinc.
- Legumes are naturally low in fat and sodium.
- Legumes are a great source of fiber.



- MyPyramid includes dry beans and peas in both the Vegetable Group and Meat and Beans Group.
- In the CACFP beans and other legumes count as either a vegetable or as a meat alternate, but not for both in the same meal.
- The CACFP Meal Pattern minimum required amount of beans and legumes to serve at lunch and supper is 3/8 cup for children ages 3-5 and 1/2cup for children ages 6-12.

Websites and Books

- www.beanbible.com
- www.americanbean.org
- www.americanbean.com

The Bean Bible, by Aliza Green
(Running Press, May 2000)

The Bean Book, by Ron F. Guste
(W.W Norton & Company, December 2000)

366 Delicious Ways to Cook Rice Beans and Grains, by Andrea Chesman (Plume, February 1988)



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Tips for Meal Service Success

Family style meal service means serving foods in bowls or dishes on the table. Children serve themselves or with the help of an adult. The amounts of foods on the table are enough for everyone to meet the CACFP meal pattern and some extra to meet appetites.

Family style means that some of the foods for the meal are offered this way, but maybe not all of it. The cook who prepares the foods can recommend how they should be served. For example, soup might be served individually because it is hot, and the other foods for the meal are passed around.

Family style meals are encouraged for young children. Many important developmental, social and nutritional benefits can come from it. It also has cultural significance. In family style meals, children participate more fully in their own eating and in the sharing of food with others.

Source: Adapted from 'Building Blocks for Healthy Meals', USDA Food and Nutrition Service, FNS-305, Spring 2000, page 84.

Welcome New MT CACFP Centers

Boys and Girls Club of Yellowstone County, Billings

New Beginnings Learning Center, Sheridan

Growing Beautiful Minds, Helena

Creative Horizons, Helena

Ahead of the Curve Child Development Center, Billings

Rescue Mission Woman and Family Shelter, Billings

Merri Mom's, Great Falls

Growing in Gods Love, Whitefish